THE COOKS GUIDE:

OR,

RARE RECEIPTS FOR COOKERY.

PUBLISHED

And set forth particularly for Ladies and Gentlewomen; being very beneficial for all those that desire the true way of dressing of all sorts of Flesh, Fowles, and Fish; the best Directions for all manner of Kickshaws, and the most Ho-good Sawces: Whereby Noble Persons and others in their Hospitalities may be gratified in their Gusto's. *Never before Printed.*

By HANNAH WOLLEY.

LONDON,

Printed for *Peter Dring* at the *Sun* in the *Poultry*, neer unto the *Rose-Tavern*. 1675.

MVSEVM
BRITAN
NICVM

To the Honourable and truly vertuous Lady

ANNE WROTH,

Wife to the Right Worshipful

Sir HENRY WROTH.

MADAM,

THe Duty I owe to your Ladyship and the rest of

your Noble Familie commands more than this Booke is able to expreſs; but ſince ill fate hath made me altogether uncapable of any worthy Return of your Love and bounty, be pleaſed to accept this as a Signal of what I am obliged to. I would not willingly dye while I live, nor be quite forgotten when I am dead; therfore have I ſent forth This book, to teſtifie to the ſcandalous World that I do not altogether ſpend my Time idle-

ly;

ly; ſomewhat of benefit it may be to the young Ladies and Gentlewomen; and ſuch I wiſh it; (however) it may ſerve to paſſe away their youthfull time, which otherwaies might be worſe employed.

The Honour your Ladyſhip does me in accepting the Dedication of it, will, I hope, cheriſh their belief, and encourage their Practice, and aſſuredly it doth adde

The Epistle Dedicatory.

very much to the Obligation of,

Madam,

Your Honours most Faithful,
Real, and most Humble
Servant,

Hannah Wolley.

To

To the Vertuous and truly Ingenuous young Gentlewoman

Mistriss Mary Wroth,

Daughter to the Right Worshipful

Sir HENRY WROTH.

Dear Mistress,

THe sublimity of yo[illegible] Lady Mothers affairs I fear will not permit her very often to view this

 book;

book; beſides, her Ladiſhip needs it not; her acceptation and approbation hereof is my honour only, not her benefit; your practice will be my content, and I doubt not your own. It is a miſerable thing for any Woman, though never ſo great, to be able to teach her ants; there is no fear of it in you, ſince you begin ſo ſoon to delight in thoſe Sciences as may and will accompliſh you; this Book I hope

I hope will afford you ſom-thing; and whatever elſe you know in me to ſerve you, be pleaſed freely to command; I ſhall alwayes be ready to expreſs my ſelf

Dear Miſtreſs,

Your unfeigned Real Servant in all Humility and affection

Hannah Woliey.

To all Ladyes and Gentlewomen in general, who love the Art of Preſerving and Cookery.

Ladyes and Gentlewomen,

IT is now about two years ſince I ſent forth a little Book intituled, *The Ladies Directory*, or *The true way of Preſerving*, with a Promiſe, that if that found Acceptance, I would then preſent you with ſome of my Choiceſt Cookery; which now I have

I have done; also some few Receipes more of Preserving. The reason why I sent it amongst you without the Protection of some Noble Person, was, because I would not seem to force a Favour altogether undeserved; but since it is so generally accepted on, as I find it is, I hope you will rather Commend than Blame my Modestie; and if you please to look back a Leaf or two, you will find it hath now a Protection. I have joined both the Books in one that they may pass as one: All you that have made trial of my first, will I hope be encouraged to the

Cookery

Cookery alſo. I heartily wiſh it may give you the Benefit you deſire, and then I ſhall have my Deſire.

Thus beſeeching your diligent Practice herein, I doubt not then but to gain the eſteem of being,

Ladies,

Your unfeigned Friend

and Servant

HANNAH WOLLEY.

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Rare Receipts for Cookery.

To pickle Cucumbers to look very green.

TAke thoſe that you mean to pickle, and lay them in water and ſalt three or four daies; then take a good many great Cucumbers and cut the outſides of them into water, for the inſides will be too pappy, then boyle them in that water with Dill ſeeds and Fennel ſeeds, and when it is cold put to it ſome ſalt and as much vineger as will make it a ſtrong pickle, then take them out of that water and ſalt and pour that over them in your veſſel, then let them ſtand cloſe covered for a fortnight or three weeks, then

pour the liquor from them and new boyle it, putting in some whole pepper, cloves and mace, and when it is cold adde to it some more vineger, and a little salt, then pour it on them again, and let them stand a month longer, then boyle it again, and when it is cold put some more vineger, and pour it on them again, then let them stand a longer time, and as you see occasion boyle it over again, and alwaies put your seeds and pieces of Cucumber on the top; be sure your pickle be cold when you pour it over.

To pickle Purslane to keep all the year.

TAke the biggest stalks picked clean, then strew bay-salt first into your pot, and then the stalks of Purslane, and then salt again, so do till your pot be full, then tye it up close and keep it cool.

To stretch Sheeps guts.

AFter they are clean scoured, lay them in water nine daies, shifting them once a day, and they will be very easie to filt; and when

when they are filled they will return to their wonted bigneſs.

To make a Sack poſſet.

TAke a quart of thick cream, boyle it with whole ſpice, then take ſixteen eggs, yolks and whites beaten very well, then heat about three quarters of a pint of ſack, and mingle well with your eggs, then ſtir them into your cream, and ſweeten it, then cover it up cloſe for half an hour or more over a ſeething pot of water or over very ſlow embers, in a baſon, and it will become like a cheeſe.

To make Penado.

TAke oatmeal clean picked, ſteep it in water all night, then ſtrain the water clean from it, and boyle that water in a pipkin, with a blade of mace and ſome currans; when it is well boyled put in the yolks of two or three eggs beaten with ſack, a little ſalt and as much ſugar as you ſhall think fit, then ſtir it over a ſoft fire that it curd not till you think it be enough.

To make the Orange pudding.

TAke the rind of a ſmall Orange, paired very thin, and boiled in ſeveral waters till it be very tender, then beat it very fine in a morter, then put to it four ounces of fine ſugar, four ounces of freſh butter, the yolks of ſix eggs, and a ſpoonfull or two of cream, with a very little ſalt; beat all theſe togerther in a morter while the oven heats, then bake it in puff-paſte.

To make Freneh-bread.

TAke half a buſhel of fine flower, ten eggs, yolks and white, one pound and an half of freſh butter, then put in as much of yeſt as into the ordinary manchet; temper it with new milk pretty hot, then let it lye half an hour to riſe, then make it into loaves or rowles, and waſh them over with an egge beaten with milk; let not your oven be too hot.

To make a Made diſh.

TAke four ounces of blanched almonds beaten, and ſtrain them into ſome cream; then take artichoke bottoms tenderly boyled, and ſome marrow boyled, then boyle a quart of cream till it be thick, and ſweeten it with roſe water and ſugar, then lay your hartichokes into a diſh, and the marrow on them, then mix your almonds cream, and the other together and powre it over them, and let it ſtand upon embers till you ſerve it in.

To make a Cake with Almonds.

TAke one pound and an half of fine flower, of ſugar twelve ounces beaten very fine, mingle them well together, then take half a pound of almonds blanched and beaten with a little roſe water; mingle all theſe with as much ſack as will work it into a paſte, and put in ſome ſpice, ſome yeſt and plumped currants, with a pound of butter; ſo make it into a cake and bake it.

To season a Chicking pye.

SEason them with nutmegg and sugar, pepper and salt, raisons, currans and butter, when it is baked, put in clouted cream, sack and sugar.

To make an Herb pye.

TAke lettuce and spinage, a little time, winter savory, and sweet marjorum, chop them and put them into the pye, with butter, nutmegg, and sugar, a little salt, when it is drawn and a little cooled, put in clouted cream, sack and sugar.

To stew Gurnets.

STew them with white wine and salt, whole cloves, mace, nutmegg and cinnamon; when you take them up, put in some butter and sugar.

To boyle Place or Flounders.

BOyle them in white wine, water and salt with some cloves, mace, lemon pill, and some small onions.

A cawdle for a ſick body.

TAke lemmon poſſet drink and thicken it with the yolks of eggs, and ſweeten it with ſugar.

To make a Pye with eeles and oyſters.

TAke the oyſters from their liquor and put them to the eeles, and ſeaſon them with pepper, ſalt and mace, raiſons and currants, then put them in a pye with good ſtore of butter and fruit on the top.

To make a very good Hare pye.

TAke out all the bones, then lay it on a grid-iron under which is freſh coals, when it begins to dry turn it and ſprinckle it with wine vineger, wherein hath lien nutmegg, cloves and mace bruiſed, and as it dries ſprinckle it with this liquor; ſo do till you think it reaſonable well broiled, then lay it in ſuch vineger all night; the next day broile it a little, then lard it, and bake it with good ſtore of butter, and eat it cold; adde a little ſalt.

To roaſt a Pike.

DRaw a large Pike at the gills; when he is well waſhed, fill the belly with great oyſters, and lard the back with herrings pickled; tie it on the ſpit, and baſte it with white wine and butter with two or three anchoves diſſolved therein; rub your diſh with garlick, make ſawce with capers, lemmon, butter, and white wine, and ſome anchoves.

To roaſt Lobſters.

TAke two great Lobſters alive, waſh them clean, and ſtop the holes as you would to boile them, tie them faſt to a ſpit, the inſides together, baſte them with water and ſalt very often till they are readie, which you will find by the redneſs of them, then have readie ſome oiſters ſtewed and cut ſmall, put them into a diſh with melted butter beaten thick, then take 3. or 4. ſpoonfulls of the liquor the oiſters were ſtewed in, and diſſolve in it two anchoves, then put the liquor into the melted butter, and put it into the diſh where the Lobſters ſhall lie; then take the Lobſters and crack the ſhells that they may be eaſie to open, and ſerve them in.

To

To make a Pumpion pye.

FRy it in thin ſlices with ſweet herbs and eggs in butter till it be tender, then put it into a pye with butter, raiſons, currants ſugar and ſack with ſome ſharp apples; when it is baked put in ſome beaten butter.

To make a rare Lamb pye.

TAke a legg of Lamb and take out all the meat clean out at the great end, but keep the skin whole, then preſs the meat in a cloath, then mince it ſmall, and put as much more beef ſuet to it as the meat doth weigh finely ſhred; then put to it Naples biſket finely grated, ſeaſon it with cloves, mace, nutmegg and cinnamon, roſewater and a little ſalt, then ſpred ſome candied orange pill and cittron, mix it together with ſome ſugar, then put part of the meat into the skin, and lay it into the pye, then take the reſt of the meat and make it up in balls with eggs and a little flower, then lay them into the pye to fill up the odd corners; then take candied orange and cittron, cut in long narrow pieces and ſtrew over it; do not forget to put

in

in ſome currants into the minced meat; when you lid the pye, leave a tunnel, and when it is baked put into it a cawdle made with ſack, ſugar, the yolks of eggs and butter; you muſt put butter into the bottome of your pye, and on the top with ſome marrow and dates cut in long pieces; this is a very fine pye for thoſe that love ſuch rice pyes.

To make a pudding of a loaf.

CHip a white loaf, and put it into a skillet a little bigger than will hold it; put as much cream to it as will cover it, put in a blade of mace, and boile it till it be tender, then take it up, and pour melted butter and ſack and ſugar over it.

To make rare Cheeſ-cakes.

SEt ſome cream over the fire, and turn it with ſack and eggs, then drain it well, and ſeaſon it well with roſe-water and ſugar and eggs, ſpice, currants, and a few ſpoonfulls of cream, ſo put it into your cruſt, adding a little ſalt, and ſo bake them.

To fry Garden-beans.

BOil them well, then blanch them and fry them with ſweet butter, whole purſley, and ſhred onions, and melt butter for the ſawce.

To make a Sorrel-ſallet.

PIck it clean from the ſtalks, and boile it and butter it well, put in ſome vineger and ſugar, then garniſh it with hard eggs and raiſons.

To boile a Gurnet.

DRaw your Gurnet and waſh it clean, boile it with water and ſalt with a faggot of ſweet herbs, and a blade of mace; when it is boiled and well-drained pour upon it verjuice, nutmegg, butter and pepper, thickned with the yolks of eggs; garniſh your diſh with barberies and oringes.

To roaſt a legg of Mutton.

TAke a legge of mutton, pare off all the skin as thin as you can, lard it with ſweet lard, and ſtick about it about a dozen of cloves; when it is half roaſted cut off three or four thin pieces, and mince it ſmall with a few ſweet hearbs and a little beaten ginger, put in a ladle full of claret wine, a piece of ſweet butter, two or three ſpoonfuls of verjuice, a little pepper and a few parboiled capers; when all this is boiled togeather, then chop the yolk of an hard egg into it, then dredge your legg with flower, and ſerve it upon the ſawce.

To boile Chickins in white broth.

TRuſs your Chickens fit to boile, and boile them in fair water, or thin mutton broth, with a little ſalt, a blade of mace, and two or three dates cut in pieces; thicken your broth with beaten almonds, ſeaſon it with ſack, ſugar, and a little verjuice.

To boile Chickens or Pigeons with gooſeberries or grapes.

BOile them with mutton broth, and white wine, with a blade of mace, and a little ſalt, fill their bellies with ſweet hearbs; when they are enough, thicken the broth with a piece of manchet and the yolks of two or three hard eggs ſtrained with ſome of the broth, then put ſome of the ſame broth into a boiled meat diſh with verjuice, butter and ſugar; then put in your Grapes or Gooſeberries ſcalded tender, and pour it over the breaſt of your Chickens.

To make a Diſh with the ſweet bread of Veal.

BOile or roaſt your Sweet-bread, put to it a few parboiled currans, a minced date, the yolks of two new laid eggs, a little manchet grated fine, ſeaſon it with pepper, ſalt, nutmeg and ſugar; wring in the juice of an orange or lemmon and put it berween two ſheets of puff paſte, and bake it or fry it.

To make a Carp pye.

WAsh your Carp well, and after you have ſcaled it, then draw it and waſh it again, then dry it well, then put it in a pye with good ſtore of ſweet butter, a little mace, pepper and ſalt, with a few capers, and a little vinegar ſprinkled in.

To make a Steak-pye.

SEaſon your Steaks with pepper, ſalt and nutmegg, and let it lie one hour, then take a piece of the leaneſt of a legg of mutton and mince it ſmall with oxe ſuet and a few ſweet herbs, then put in grated bread, the yolks of eggs, ſweet cream, raiſons of the ſun, work all together like a pudding with your hand ſtiff and make it into balls, putting in a little ſalt, then put them and your ſteaks into a deep pye with good ſtore of butter, ſprinckle a little verjuice on it and bake it, then cut it up and rowle ſage leaves in butter, and fry them and ſtick them upright in your walls, and ſerve your pye without a cover, with the juice of orenge or lemmon.

To make a Pigg-pye.

Calld it and ſlit in the middle, fley it and take out the bones, ſeaſon it with pper, ſalt, cloves and mace, and nutmegg, op ſweet herbs fine, with the yolks of two three eggs, and ſome plumped currants, en lay the one half of the pigg into your ye, and the herbs and currants and ſalt over , and ſome butter, then lay the other half f the pigg on the top of that, and the reſt f the herbs and currants on the top with me butter, and ſo bake it; you may eat it ot or cold.

To make a red Dear pye.

Arboile it and lay it all night in red wine and vineger, then lard it thick, and ſeaon it with pepper, ſalt, cloves, mace, nutegg and ginger, bake it in a deep pye of rieaſte with ſtore of butter; let it ſoak well, eave a vent hole in your pye, and when you raw it out of the oven, fit it up with butter nd vineger, and ſo keep it and eat it cold.

To

To make a Hare pye.

PArboile two Hares and take the fle from the bones, mince it ſmall, and be it in a morter, then ſawce it in wine and v neger as you would do red Deer; lap all th about the chine of one Hare, and ſo it wi ſeem but one; lard it well and put it in your pye with good ſtore of butter, ſeaſon with ſalt and ſpice when you beat it; when is baked, put in ſome melted butter to fi it up.

To make Fritters.

TAke the curd of a ſack poſſet, the yol of ſix eggs, the whites of two eggs, an a little fine flower, put in a little nutmeg an ſome ale, and a little ſalt, mingle them we together, then ſlice in ſome apples ver thin, and ſo fry them in lard boiling hot; your bitter be too thin, it will drink ſuet; if be in good temper it vvill ſvvim.

To make broth of a Lamb's head.

BOile it with as much water as will cover it, and all sorts of spice you like, thicken it with strained oatmeal and cream; put in some raisons and currans which hath been plumbed first, and a little salt; when you take up put in sack and sugar.

To make a Cambridge pudding.

SEatce grated bread thorow a collender, mix it with a litle flower, salt, minced dates, currans, nutmegg and cinnamon, and suet shred, fine new milk, fine sugar and eggs, leaving out some of their whites, work all together pretty stiff, then take half the pudding on the one side and half on the other side, and make it round like a loaf, then take butter and put it in the middst of the pudding; and clap the other half on the top of it; put it into boiling liquor, and when it is boiled enough cut it in the middle and so serve it in.

To make a Florentine of Veale, or other cold meat.

Mince your meat fine, mix it with grated bread, currans, dates, nutmegs and sugar, with a little rose water, a little salt, and two or three eggs, warm them together over a chafing dish of coals, and stir them all the while, bake it in puff-paste; take some of this and lay it upon thin slices of white bread, first washed with the yolks of eggs, and so fry them and serve them in with beaten spice and sugar for the second course.

To boile a Capon with Rice.

Boile a Capon with water and salt, and a handfull of small oatmeal, then take a quarter of a pound of Rice and steep it in water, and so half boile it, then strain the Rice thorow a cullender and boile it in a quart of milk, then put in some large mace and sugar; put in a little rose-water, then blanch half a pound of almonds, and beat them with cream and rose-water, and so strain them into a pipkin by it self and warm them over the fire; then take up your Capon and pour the

the rice over it, and then your almonds; garnish your dish and serve it in.

To boile a Capon with pippins.

PArboile your Capon in water and salt, then put the marrow of two or three good bones into a pipkin with a quart of white wine, a little sliced nutmegg, four or five dates, and some sugar; then pare some pippins and cut them in quarters, put them into a pipkin and cover them with sugar and water, then make sippets of biskets; then take the yolks of 6. hard eggs, and strain them with a little verjuice and some of the broth wherein the capon is boiled, put them to the pippins with a little sack, stir them together and serve the capon in with them.

To boile a wilde Duck.

TRuss and parboile it, then half roast it, then carve it and save the gravy, take store of onions, parsley and pepper, put the gravy into a pipkin with a few currans, large mace and claret wine; boile them together with the Duck; when it is enough put in butter and sugar, and so serve it in.

To boile sawsages.

BOile them in claret wine, large mace, and sweet herbs.

To sowce a breast of Veal.

BOne it and lay it in fair water, till the blood be gone, then dry it, then take all kind of sweet herbs, beaten nutmeg, cinnamon and ginger, lemmon pill cut in fine pieces, mingle all together, and strew all these on the inside of your veal, then rye it up like a collar of brawn; let your liquor boile being water and salt, then put in your veal; so you may use racks unbound or breast unbound, let it be scimmed very clean, put in a faggot of sweet herbs and cover it, for that will make it look white; when it is almost boiled, throw in a little sliced nutmeg, large mace and a lemmon sliced, so keep it in the sowce drink and serve it with vinegar, and stued fennel in it, or alone.

To make a grand ſallet.

TAke in the ſpring time the buds of all kinde of ſweet herbs and of violets, and a handfull of capers, ſeven or eight dates cut in ſlices, one handfull of raiſons of the ſun ſtoned, one handfull of blanched almonds, a handfull of currans, five or ſix figgs ſliced, a preſerved orange cut in ſlices; mingle theſe together, then take a diſh fit for a ſhoulder of mutton, ſet a ſtandard of paſte in the middſt of it, put theſe mixed things about the ſtandard, ſet upon your mixed ſallet four half lemmons with the flat end downward right over againſt one another; half way betwixt your ſtandard and the diſh ſide, prick in every one of theſe a branch of roſemary with preſerved Cherries; ſet four hard egges without the ſhells betwixt your lemmons, the biggeſt ends downwards; prick upon your egges ſliced dates and almonds, then lay another garniſh between the brim of the diſh and the ſallet, of quarters of hard egges and round ſlices of lemmons, then garniſh the h immediately your diſh with preſerved orange in long

ſlices, and betwixt every ſlice of orange a little heap of capers.

To blanch Manchet in a frying pan.

TAke the yolks of nine eggs, and five whites, beat them with half a pint of ſweet cream, put to them half a penny manchet grated, ſome ſugar, nutmeg, mace, and roſe-water, fry it with ſweet butter as you would a tanſie in a very ſmall frying-pan, when it is fryed waſh it over with a little ſack and the juice of a lemon, ſcrape on ſome ſugar and ſerve it in.

To make a good Pudding.

TAke the crump of a penny white loaf and cut it like dice, then pour over it a pint of ſodden cream, and cover it till it be cold, then take the yolks of four eggs, and two whites, beat them very well, and put them to the reſt; then put in beaten ſpice and ſugar with ſome ſuet ſhred ſmall, then adde a little ſalt; put it into a diſh well buttered having firſt put ſome thin ſlices of pippin in the bottom, and ſome raiſons of the ſun, then ſtick on the top ſome good bigg

pieces

pieces of marrow and ſo bake it, ſcrape fine ſugar into it and ſerve it to the table.

To pickle Hartichokes.

GAther them with long ſtalks, then cut the ſtalks off cloſe to the Hartichokes, then take the pith out of the ſtalks and put it into your liquor which muſt be water, with pears and apples ſliced, and a quince or two; make good ſtore of liquor, boile your liquor a while, then put in your Hartichokes till the pith be tender in the bottoms of them, then take them up and let the liquor ſeeth a good while after, then let it ſtand till it be cold, then cleanſe it, and put therewith into your barrel a little ſalt, then put in your Hartichokes and ſtop them up cloſe.

To dry Beef as they do in Holland.

TAke of the Buttock-beef of a fat oxe, ſalt it well with bay-ſalt four or five daies, then hang it a draining one day, then ſew it up in a thin cloth, and hang it up in a chimney to dry; when you would eat any of it, boile it very tender, and ſlice it ſo thin that you may almoſt ſee thorow it and eat it with a ſallet.

To pickle Cucumbers.

WIpe them very clean, then sprinkle them with bay-salt, and so let them lye three or four hours, then take carraway seeds, fennel seeds, dill seeds, cloves, mace, ginger, nutmeg and cinnamon beaten together, then wipe the salt from your cucumbers and lay them into your pot, and between every lair lay some beaten spices, and let your last laire be spices, then fill up your pot with white wine vineger and stop them close.

How to make minced meat to keep five or six months.

TAke a legg of beef and boile it very tender, then shred it very fine with store of suet, then season it with spice and salt, then bake it in a pot, and keep it in several pots filled up with melted butter; and when you would eat of it, cut some apples in thin little pieces and stew them, and put in some plumped currans; when they are stewed well, put in some of your minced meat, mix them well together and serve it in upon sippets.

To make Dutch sawsages.

TAke beef and shred it fine, then season it with salt and spice as you like it, then beat it in a morter, then fill your guts being made very clean, then put so much salt into water as that it may beat an egge, then boile it; and when it is cold put in your sawsages; you may keep them from *Michaelmas* to *May*.

To make Anchovis of Sprats.

TAke a peck of the best Sprats, pluck off their heads, and salt them a little over night, then take a little barrel and lay in it first a laire of bay salt, then a laire of sprats, and so do till you barrel be full, putting in between every laire a few bay leaves and a little lemmon pill, let your last laire be salt, then stop the barrel close that no air get in, then pitch it and keep it in a cool celler, and once in every week turn it upside down,

down, in two or three months you may use of it.

To make Rice milk.

TAke half a pound of Rice, wash it well in warm water and dry it in an oven, after bread is drawn, then beat it to fine flower, then take a pottle of cream and blend a little of the flower therewith, then set it on the fire and thicken it with the rest of the flower, put in such spice as you love, and sweeten it with sugar.

To make the best Almond pudding.

TAke half a pound of sweet almonds blanched and beaten with rose-water very well, then boile a quart of cream with large mace and nutmegg; when it hath boiled a while put in the almonds, and boile both together till it will come from the bottom of the skillet, then pour it out and sweeten it with rose-water and sugar; when it is almost cold break in twelve eggs, and leave out half the whites, then colour them according to your fancy, and if you put in any currans, let them be first plumped, put in marrow some-

omething groſs or beef ſuet finely ſhred, hen fill your skins and boile them a little, hen take them out again, and boile them gain when they have cooled a little.

To make a Devonſhire whitepot.

TAke a quart of new milk, a penny white loaf ſliced very thin, make the milk ſcalding hot, then put it to the bread and reak it, and ſtrain it thorow a cullender, ut in two eggs, a little nutmegg, currans, ugar and ſalt, and then bake it.

To make cloutedcream.

TAke the morning milke and ſcald it at noon, when it pimples ſlack the fire, hen let it ſtand and harden a little, then take it off and let it ſtand till the next day; then ake it off with a skimmer, and ſerve it to the able.

To keep Veniſon nine or ten months good and ſweet.

TAke a haunch of Veniſon and bore holes in it, then ſtop in ſeaſoning into it as

you

you do parſley into beef in the inſide of it; if it be red Deer, take pepper, nutmegs, cloves, mace and ſalt; if it be fallow deer then only pepper and ſalt; when it is thus ſeaſoned dip it in white wine vineger, and put it in an earthen pot with the ſalt ſide down, and having firſt ſprinkled good ſtore of ſpice into the pot, if it be fallow deer three pounds of butter will ſerve, but if red deer then four pounds; when you put it into the oven lay an earthen diſh over it, and paſte it cloſe up that no air can get out nor in, ſo let it ſtand ſix or ſeven hours in a very hot oven; when it is baked take off the cover and put in a trencher and a ſtone upon it to keep the meat down in the liquor; fill up the pot with melted butter and ſo keep it, ſerve it to the table in ſlices with muſtard and ſugar.

To make good White puddings.

TAke three pints of cream, the crumb of two penny loaves, boile your cream with a little mace, ſlice your bread into a baſon, and put your cream into it, then take a pound of ſweet almonds blanched and beaten with roſe-water, half a pound of rice-

flower,

flower, the yolks of ten eggs, and as much sugar as you think fit, a little salt, and a good deal of marrow, so fill your skins and boile them.

To make Angellets.

TAke some new milk and stroakings together, then take some cream, seeth it by it self with whole mace and a little rose-water, then pour it into the milk and the stroakings; when it is very cool put in a little runnet, and when it is come fill the fatts with a skimmer, and break it as little as may be, and let them sink gently of themselves, and as they sink fill them up again.

To make Cheese-cakes.

TAke three gallons of milk new from the cow, and set it with runnet as for a cheese, then take a quart of cream and slice a manchet into it very thinne, boile it a reasonable while till it be thick, then put it into a bason, and put to it a quarter of a pound of sweet butter, and let it stand till it be cold, when your

your milk is come which you ſet, break it as for a cheeſe, and whey it very well, then break it very fine with your hands, and when it is very ſmall, put in your boiled bread and milk, ſtir them well together, and put in a pound and half of plumped currans or more, two nutmeggs grated, ſix egges, yolks and whites, a little ſalt, almoſt half a pound of ſugar, as much raw cream and roſe-water as you think fit; do not make them too thin with the cream, nor bake them too much.

To make clouted cream the beſt way.

TAke a pail full of ſtrokings and boile them a little, then put in a quart of ſweet cream and boile them together, then pour into ſeveral panns and cover them, and when it hath ſtood all night it will be very thick, then take it off with a skimmer and lay it all in one dish.

To make a very good cheeſe.

TAke a pail full of ſtrokings almoſt cold, and put to it one ſpoonfull of runnet or more as you think fit; when it is come, break it a little, let it lye almoſt one hour, then

put

put in into a cloth and wheyit, do not break it any more but cruise it gently; when it is wheyed, enough put it into the presse in a fresh cloth, and turn it twice a day; put very little salt to it.

To make a Gooseberry fool.

TAke a pint of Gooseberries or thereabouts, scald them very tender, then pour the water from them, and with the back of a spoon bruise your Gooseberries very fine, then take a pint and a half of sweet cream, the yolks and whites of three eggs well beaten, put them to your Gooseberries with one nutmegg quartered, and two or three spoonfuls of rose-water, with as much sugar as you think fit, mingle all these together and stir them on a slow fire, keep it stirring that it may not turn; when you perceive it to be of a good thickness, pour it out, and when it is cold serve it.

To make a very good Tansie.

TAke ten eggs, leave out half the whites, beat them very well, and colour them with the

the juice of ſpinage according to your liking, and put ſo much tanſie amongſt your ſpinage as will give it a taſte, then put in half a pinte or better of ſweet cream, half a nutmegg grated, and as much ſugar as will ſweeten it to your taſte, then put in butter in your frying pan, and when it is hot pour in your tanſy and ſtir it till it thicken, then ſtir it with the back of a ſpoon, and when one ſide is fryed enough, turn the other, and when it is enough, ſerve it in with the juice of an orange and butter and ſugar.

To make an Amulet.

TAke ten eggs, and more then half the whites, beat them very well, and put in a ſpoonfull or two of cream, then heat ſome butter in your frying pan, and when it is hot put in your eggs and ſtir them a little, then fry them till you find they are enough; and a little before you put them out of the pan, turn both the ſides over that the may meet in the middle, and lay it the bottome upwards in the diſh, ſerve it in with verjuice, butter and ſugar.

To make puff-paste a very quick way.

TAke three pounds of fresh butter, break it in little bits into half a peck of flower or little more; then put in one egg, and as much cold Cream as will work it into a stiffe paste, do not mould it too much, for that will melt the butter, and then it is spoiled, but so soon as you can, roul it abroad and make it into what you would have it; this will be extream good if you observe to do it carefully.

To make a Florentine.

TAke a quart of Cream and eight eggs, yolkes and whites, beat them well and put them into the cold Cream; set it on the fire and stir it till it run to curds, then drain it in a Cullender, and break it well with a spoon; then take a little marrow and cut it and fowr Dates shred small, four bunches of preserved Barberies picked from their stalks, half a handful of grated bread, season it with Rosewater and sugar, some Nutmegs and a little salt; then cover it with some puff-paste, and so bake it.

To make a fresh Cheese.

TAke a quarter of a pint of Rosewater, steep in it all night one Nutmeg bruised and a stick of Cinnamon grosly beaten; then take five pints of milk, not so hot as it comes from the Cow, set it with a little Runnet, and when it is come drein the curds very well from the whey; then put in the Rosewater strained, and half a pint of thick Cream, sweeten it with sugar and break it very well; then strain it through a cloth, and put it into a little Cullender to shape it; then put it into a Dish with Cream, and Wine and sugar.

To make a Dumpl'n.

TAke a pint of Cream and boyl it with a blade of Mace; then take twelve spoonfuls of grated bread, five spoonfuls of flower; then take six yolks of Eggs and five whites; beat them very well with two spoonfuls of Rosewater and as much fair water, season it with sugar, Nutmeg and salt, mingle them altogether with the Cream, tye it in a cloth, and when your water boyles, put it in

and

and boyl it one hour and half, and when it is enough, serve it in with Rosewater, butter and sugar.

To stew a Leg of Mutton.

TAke a Leg of Mutton and mince it small with a good quantity of suet, then put it into an earthen pot and set it on the coales with a quart of Claret Wine, and a little thin Mutton broth; then put in Raisons, Prunes and Dates, Salt, Cloves and Mace, and let them stew together till you think they be enough, then serve it in upon Sippets.

To stew a dish of Steakes.

TAke a Coast of Mutton and cut it into small pieces, bones and all, wash them clean and put them into an earthen pot with a quart of white Wine and a little water, and so let it seeth, skim it well, then put in a good handful of Parsly with six Onions, both chopped very small with some whole Cloves, Mace and salt; when it is enough, serve it upon Sippets.

A boyled ſallad of Spinage.

TAke four or five handfuls of Spinage clean picked, boyl it well in water and ſalt; then drain it well from the water, and chop it well with the back of a Knife; then let it boyl in a Diſh over a few coals with ſome butter and vinegar, a few plumped Currans, and as much ſugar as you think fit, garniſh it with hard Eggs, and ſo ſerve it in.

A good ſupper Diſh.

TAke a leg of Mutton and cut it in thin pieces as long as you can, and three or four fingers broad; then take Parſly, Onions, Penny-royal and Time, and chop them fine with Mutton ſuet; ſeaſon it with Wine, Pepper, Cloves, Mace and ſalt, ſo lay it up upon the ſlices of Mutton, and roul them up, and faſten every one with a ſcure, then roul them in the yolks of Eggs and grated bread, ſo roaſt them or bake them in a platter with butter. Thus you may do Veal; but then put in ſome Currans. Theſe do well baked in a Pye, or ſtewed with Wine and butter.

To make a very good Jelly.

TAke a ſhoulder of Veal, cut it in three ſeveral pieces, but break none of the bones; pare all the fat away as clean as you can, then waſh it in five or ſix waters, and let it lye in water two or three houres, then boyl it in fair water till it be very clean, ſcim it very well, then take it from the fire and put it into another pot, with a pottle of white Wine, and as much of the broth as Wine, ſet it to the fire again, and ever as the ſcum ariſeth take it off; then ſet it over a ſoft fire ſix or eight houres cloſe covered, then take three or four drops of the ſtuffe, put it into the palm of your hand, and cloſe your other hand to it, and when it is cold chafe your hands together, and if it cleave it is enough; then take it from the fire and ſtrain it when it is cold, take away all the fat and ſettlings at the bottom.

To colour it and ſeaſon it.

For red Jellie.

TAke a pint of your Jellie ſtuffe, a quarter of a pint of pure white Wine, half

a pound of Sugar, ſome Cinnamon, Nutmegs and Cloves bruiſed; then take a Tornſel cloth or two, well dryed by the fire, and beaten with a ſtick from the duſt; put them into the Jelly ſtuff, and ſet them to the fire till it be good and warm; then wring the clothes well till you think it be coloured enough; then put in ſix or eight whites of Eggs well beaten, ſtir them well till it be boyled, then take it from the fire, and let it run thorow a Jelly bag.

For Chryſtal Jelly.

TAke the ſame quantity of your Jelly ſtuffe as before, and Sugar, but not ſo much ſpice becauſe of the colour, ſo boyl it with the whites of Eggs, and let it run thorow a Jelly bag.

For Amber colour Jelly.

TAke the ſame quantity of every thing as for the red Jelly, only inſtead of Tornſel you muſt put in a little Saffron.

To make a Calves foot Pye.

TAke your Calves feet tenderly boyled, and ſplit them in the middle; ſeaſon them with whole Pepper, ſalt, Sugar and Mace; then put them into your Pye with good ſtore of butter and Currans, and when it is baked, put in a Caudle made with Verjuyce, the yolks of Eggs, butter and Sugar.

A Made diſh for Fiſh-dayes.

TAke Time, Sage, Marjorum, of each a like quantity, chop them fine; then take ſix or eight Eggs beaten, and ſtrain them into the herbs, ſtir them well together, and ſeaſon them with ſalt, Sugar, Cinnamon and Ginger, and ſome Mace; then put it into a Platter with ſome butter, and ſet it over a Pot-head of ſeething water cloſe covered, till it be hard enough to ſlice; then ſlice it, and lay it in a Diſh with ſome melted butter over it.

To bake Mutton like Veniſon.

MAke your paſte courſe, and faſhion it like a Pye; for Veniſon parboyl your Mutton in Wine and Vinegar, and let it lye in the ſame three or four houres; before you parboyl it, thruſt your Knife often thorow that the liquor may ſoak through it, make it ſharp with vinegar; then take it out and lard it very thick, and caſt Pepper on every ſide of it; ſeaſon it with Pepper and ſalt, and lard in the holes, and put good ſtore of butter into the Pye and bake it; make a vent in the middle of the Pye, and when it is baked fill up the Pye with melted butter, and when you ſerve it in, ſtick ſome Roſemary and Bays in the vent hole, and eat it with muſtard and ſugar.

To make a ſallad of Lemmons.

TAke the thickeſt rinds and cut them in halfes, and take out all their meat; then boyl the rinds in ſeveral waters till you can run a ſtraw thorow them, then pick and ſcrape them clean and waſh them in cold water; then make a ſyrup with white Wine vine-

vinegar, water and ſugar, and when it is boyled and skim'd, put in your pills cut in ſome pretty fancies, boyl them till they are cleer, and ſo keep them.

To make good Pancakes.

TAke a quart of fine Flower, put thereto eight yolks of Eggs and two whites, mix it with water and make it thin, then put in ſuch ſpice as you think fit with a little ſalt; then ſet over the fire ſome tryed ſuet in a Poſnet, and when it is ſeething hot put it into the Fryingpan, and pour it out clean again; then pour in ſome batter as thin as you can and dry it on both ſides, and then put to it ſo much ſuet as will cover it, and fry it.

To make Pancakes.

TAke fair water lukewarm, make batter therewith with grated bread and a little flower and ſalt, to the quantity of every Pancake, put one Egg, then ſeaſon it with ſpice and ſugar, and fry them with butter.

To

To make a Haggis Pudding.

TAke your Haggis or Calves ginne clean scowred and watered, and parboyl it well; then take out the Kernels, and chop it fine; season it with salt, Sugar and beaten spice; then put to it a little Cream, and ten or twelve yolks of Eggs, as much grated bread, a few minced Dates and plumped Currans, and so fill your skins, and boyl them carefully.

To make Ifings.

TAke your great Oatmeal, and steep it in Cream one night; then season it with salt, Cloves, Mace and Currans; put in some suet, or some marrow, and a few sweet herbs, so fill you skins and boyl them.

To make Liver Puddings.

TAke Hogs Liver well boyled, and stamp it well in a Mortar; then put to it good store of suet minced fine, and the yolks of Eggs; season it with salt, Pepper, Cloves & Mace, and a few Currans, and fill the skins & boyl them.

To

To make good ſauſages.

TAke ſome Pork, not too fat, mince it fine, then ſtamp it in a Mortar; ſeaſon it with Pepper, ſalt, Nutmegs, and a little Sage; then beat it well together, and when it is enough, keep it in Gally pots as long as you pleaſe; and when you would eat any of them, roul them in your hand like a Sauſage, and dip it in the yolk of Eggs, and fry them in butter.

To boyl a Rabbet.

TAke an old Rabbet, and cut her off by the hind loines, and in the belly of her you muſt make a pudding with a ſweet-bread or Kidney of Veal, ſweet herbs, bread, ſuet, Currans and ſpice, Eggs and Sugar; boyl it in ſweet broth of Mutton or the like, with ſome chopped Parſly. and ſalt, and whole ſpice; when it is almoſt boyled, put in two handfuls of Gooſeberies, then thicken the broth with the pap of Codlings, and put in ſome freſh butter, ſo ſerve it in with your Diſh finely garniſhed.

To

To make a Tart of Cream.

TAke a pint of Cream and twelve Egges, yolks and whites; ſtrain them with your Cream, and ſeaſon it with ſalt, ſugar and ſpice, put to it a little ſweet butter, and a little Roſewater, ſet it over the fire and ſtir it that it do not burn till it be thick; then let the whey run clean from it, then ſtrain it from the thin, and fill your Tart; bake it but a little, then caſt over it ſeveral ſorts of ſweet meats, and ſerve it to the Table.

To make a Tart of Cheeſcurds.

TAke your Curds and ſtrain them with the yolks of Eggs, Roſewater and Sugar and ſome ſpice; put to it ſome ſweet butter, and ſet it over a Chaffing-diſh of coals till it be hot, then fill your Tart and bake it.

To make Fritters.

TAke eight or ten Eggs and half the whites, beat them well, then make a tender Poſſet of Ale and Milk, and break the curd and the drink together; then take the thickeſt of

of it for liquor to mingle your batter; then take a little Sack, Nutmegs, Cloves and Ginger, a little grated bread, flower, and salt, and apples cut thin; let your batter be very thick, or else it wil drink suet.

To *make excellent Puddings.*

TAke a pint of sweet cream, half a handful of Marjorum, as much Penne-royal, as much of Wintersavory, stamp these, and strain them into the Cream; then put in the yolks of Eggs and grated bread, suet, Cloves, Mace, Nutmeg and sugar, with some Rose-water, and a little salt, so fill your skins and boyl them.

To *seeth a Pickerel.*

TAke a fair Pan, a little yest, and a good deal of white Wine and fair water; then slice two Onions very thin and put them to the broth; then put in a little whole Mace, a little salt and half a pound of butter, let them boyl together a good while, then wash your Pike and put his tail in his mouth, and when he is boyled enough, garnish your Dish and make sawce for him with some of the liquor,

liquor, some fresh butter, and an Auchovis or two.

To boyl Calves lights.

BOyl them first in water; then take Parsly, Onions and sweet herbs, and chop them small, & when the lights are boyled, put them into a little pot with the herbs and Onions, with some of their own liquor, some butter and Verjuyce, and spice, and salt, so let them boyl a little while, and serve them on Sippets.

To dress Sheeps feet.

WHen they are boyled and blanched, cleave them in sunder; then take the yolks of Eggs, with a little chopped Parsly, and a little salt, and fry them with sweet butter: serve them in with Vercuyce & butter.

To pickle Quinces.

TAke as much small Ale as will cover your Quinces in the Vessel; then take some of your refuse Quinces, and cut them small, core and all, put them into the liquor with some Pears; cut in pieces a good quantity of either, let these boyl till the one half be consumed;

ſumed; then take it from the fire, and ſtain it, and let it ſtand all night; then put your Quinces into a Veſſel, either of wood or ſtone, juſt as they came from the Tree, and to every ſcore of Quinces put in a quart of Perry: be ſure you have liquor enough to cover them, then cover them with the refuſe Quinces, and put ſomething that will keep them down cloſe in your Veſſel that no ayr get in.

To *make Polonia Sauſages.*

TAke Pork, and pick it clean from the bones and skin, let it not be too fat, mince it well, and beat it in a Mortar very fine; then weigh it, and to every pound of meat, take one ounce of ſalt; then take Pepper, Gloves, Mace, Ginger, Nutmegs and Cinnamon, of each a like quantity, being mixed together, allow one ſpoonful of this to a pound of meat; then take Anniſeeds Carroway ſeeds, Coriander ſeeds, of each a like quantity mixed together and beaten; allow half a ſpoonful of theſe to one pound of meat; firſt ſeaſon your meat with the ſalt, kneading it in very well, and ſo let it lye one day and one night; then

then put in your ſpices and knead them in very well with a little Muſcadine, kneading it morning and evening with a little more Muſcadine two dayes together; your guts muſt now be ready, having before lyen in ſalt and water two dayes, then in ſack and muſk two dayes more, then fill your guts with the meat, and ſmoak them one night in the Chimney; then hang them where they may have the warmth of the fire, when they are dry take them down and keep them in a barrel of Wood aſhes ſifted to keep them as long as you pleaſe; if you would not have them dry, take them down and put them into ſo much oyle as will cover them; after they have been ſmoaken a night or two (they will keep in oyle ſeven years) when you would eat of them, boyl them very well, and ſlice then thin and eat them cold.

To ſowce a Pig.

After it is ſcalded, chine it as you do a Hog, then take the ſides and dry them in a cloth, then bone it and lay it in water one day and one night, then take ſweet herbs and chop them very ſmall, and

ſlice

ſlice a nutmeg, with a race of ginger, mingle the ſpice and herbs well together with a little ſalt, then ſtrew the fleſhy ſides with them, and ſprinkle ſome white wine vineger on them, then bind them up in collars, and tye them hard with pack thred, or rather tape; then boile theſe collars in water and white wine vineger, and a good deal of ſalt; do not boile the head and the claws ſo much as the collars; when it is well boiled ſtrain the liquor and boile in it whole mace, and put in a ſliced lemmon; when you take it off the fire, when it is cold, put in your pigg, and let it lye one week, then ſerve it in with muſtard and ſugar.

To ſowſe an Eele.

TAke a very large Eele and ſplit it, then take out the bones, and ſtrew it with ſweet marjorum, time, roſemary, mace, and ſome nutmeg; then rowle it up, and tye it hard, ſew it up in a cloth, and boile it in water and ſalt; then make ſowſe drink for it with beer, water and ſalt.

To season a Calves head for a pye.

WHen you have boiled it pretty well, cut it very clean from the bones, season it with mace, nutmegg and salt, put six hard egges into the pye, and a little above half a pound of butter; when it is almost baked, put in a cawdle made of verjuice, butter, the yolks of egges and sugar, then set it into the oven again.

To pickle a Goose.

TAke a Goose and powder her four daies, then take lard seasoned very well with nutmegg, salt and pepper, lard her with it very well; then take two quarts of white wine, and a quart of white wine vineger, and as much water to make it up as will cover her; then put in half a handfull of whole pepper, one handfull of sweet herbs, a handfull of cloves and mace, a handfull of bay-leaves, six grea tonions, six cloves of garlick, boile her till she be tender, and let her lye in the liquor twelve or fourteen daies; then garnish your dish with bay-leaves, and serve it in with mustard and sugar.

To

To ſowſe a Turkey.

TAke the fatteſt Turkey-cock you can get, pluck it dry, and ſplit it down the back bone, take out all the entrails and waſh it clean, and ſew up again, then take two quarts of wine, and as much water; put into it large mace, cloves and a handfull of ſalt; ſet theſe on the fire together, and when it begins to boil put in the turkey; let it boile, and skim it well, then ſet it on a ſoft fire, and let it ſtew untill it be tender; then put it into an earthen pan, and let it ſtand all night, then pour the clean liquor from the ſetlings into the pot wherein you mean to ſowſe it, and put to it two quarts of white wine, a pint of vineger, and a handfull of ſalt; then put the turkey in, and cover it cloſe; let it lye twelve or fourteen dayes.

To dreſs a neck of Mutton the French way.

TAke a large neck of Mutton, boile it and skim it well, then take two handfulls of parſley, pick it, waſh it and put it into a net, and boile it with the mutton with a little freſh

butter and a little ſalt; then take a pinte of oyſters, and ſtew them in their own liquor with a little whóle mace, and a little white wine vineger, then take half a pound of butter and ſet it on the coals, keep it beating till it be ready to boyle, then ſhred the parſley ſmall, and half a lemmon cut ſmall, four or five ſpoonfulls of white wine vineger, ſtir them all together, then put in your oyſters; garniſh your diſh with olives, capers, ſamphire and lemmon; cover the diſh with ſippets, and lay your meat on them, then pour over your ſawce.

To make an Apricock pudding.

TAke a quart of ſweet cream, and one manchet grated, the yolks of ſix egges, and three whites, ſeaſon it with nutmeg, roſe-water and ſugar; boile your cream firſt with a little mace, then mingle all this together with ſome marrow; and when it is ready to go into the oven, cut ſome preſerved apricocks in quarters and put in.

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To haſh a ſhoulder of Mutton.

WHen your mutton is half roaſted, cut ſome of it in bits and mince it; then ſet it a ſtewing with the gravy, and ſome claret wine, nutmeg, capers, ſamphire and a little vineger, with ſome ſliced onion; when it is enough, put in ſome lemmon minced, rinde and all, then lay your mutton in the diſh, and pour the reſt upon it.

To make an Almond tart.

TAke half a pound of ſweet almonds blanched, and beaten with roſewater, then boile a quart of cream; and when it is cold, take the yolks of eight eggs well beaten and mix them with your cream and almonds, ſeaſon it with roſewater, nutmeg and ſugar, cinnamon, cloves and mace, then bake it in a diſh with puff paſte; this, if you adde ſome grated bread, fruit and marrow, it is a very fine pudding.

To make a make an Hartichoke pye.

TAke the bottoms of them tenderly boiled, ſeaſon them with pepper, nutmegg, cinnamon, ſalt and ſugar; having your pye ready raiſed, put in firſt ſome butter, then your Hartichoke bottoms, then whole mace, marrow, dates and cittron pill, then good ſtore of butter again, with a little white wine or ſack; when it is baked put in a cawdle made with verjuice, butter, ſugar, and the yolks of eggs.

To ſtuff a ſhoulder of Mutton with oyſters.

SPit it, and cut it flaunting, and ſtuff it full with oyſters, baſte it with claret wine and onions; and when it is roaſted take all the gravy that comes from it, and ſome oyſters two anchoves, capers, ſamphire and a lemmon cut ſmall; heat them together, and when your mutton is enough, diſh it and pour the ſawce over it.

To make an Oyster pye.

TAke them out of their shells, wash them and strain their liquor; lay first into your pye good store of butter, whole mace and pepper; put your oysters to their liquor, season them with pepper and nutmeg, then put in hard eggs, whole mace and butter, with a little salt, so close your pye and bake it; when it is baked, put in some white wine, butter, vineger and sugar, with the yolks of egges.

To make Hypochrist of Deal wine.

TAke four gallons of Deal wine, two gallons of sack, nine pounds of powder sugar, twelve ounces of large cinnamon, none ounces of ginger, half an ounce of cloves, one ounce of coriander seeds, one ounce of nutmegg; put the wine and two parts of the sugar into a tubb, then put in the spice bruised; let it stand close covered twenty four hours, then put in the rest of the sugar and two wine quarts of milk, stirre them together and run them thorow an Hypocrist bagg;

keep it in ſtone bottles cloſe ſtopped, it will keep a month.

To make a Phraſe of apples.

TAke two pippins, pair them, and cut them in thin ſlices, then take three eggs, yolks, and whites, beat them very well, then put to it ſome nutmeg grated, ſome roſe-water, currans and ſugar, with ſome grated bread, as much as will make it as thick as batter, then fry your apples very well with ſweet butter, and pour it away; then fry them in more butter till they are tender, then lay them in order in the pan, and pour all your batter on them; and when it is fryed a little turn it; when it is enough diſh it with the apples downward, ſtrew ſugar on it and ſerve it in.

To make a Pudding to bake.

TAke boiled cream, put in ſome grated bread, yolks of eggs, marrow, dates, blanched almonds beaten fine, ſalt, roſewater, ſugar and ſpice, candied citron pill, hard eggs, and Iringo roots; ſo bake it, and ſerve it in.

To stew chickens.

TAke two Chickens, pull them and quarter them, wash them clean from their blood, season them with pepper, salt and parsley finely shred, then put them into a pipkin with no more water than will cover them; when they are enough, put in a quarter of a pound of sweet butter, then take up your Chickens, and put in ten eggs well beaten, stir it till it be thick, then pour it over your Chickens, and serve them in.

To boile a Capon.

TAke a fat Capon, boile it with water and salt, some large mace, and a bundle of sweet herbs; and when it is almost boiled put in some capers, then cut a manchet, bruise it, and scald it with some of the fatt which ariseth from the Capon, then lay your Capon on those sops, and lay the mace on it, and then good store of capers, butter and vineger.

To ſtew a Cows udder.

TAke a Cows udder very tenderly boiled and ſlice it in thin long ſlices, put them into a pipkin, with a little thin mutton broth, a piece of ſweet butter, and a little beaten ginger, a little ſugar, and a few currans, with a little ſalt; let it ſtew a while, and then ſerve it in, but firſt put in a little verjuice.

To ſtew Hartichokes with cream.

TAke the meat of the Hartichokes tenderly boiled, and let them ſtew ſoftly between two diſhes, with cream, ſack, ſugar and grated nutmegg; ſo let it ſtew till it be all alike; then diſh it and ſerve it to the table.

To ſtew Pippins with cream.

TAke your Pippins, pare them and core them; if you would have them red, bake them firſt, or elſe put to them as much water as will cover them, and ſome cinnamon and cloves unbeaten; turn them ſometimes,

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and cover them close; set them over the fire till they begin to be tender, then sweeten them with sugar; and boile them when the sugar is in till they are clear, then put sweet cream to them, and let them stew together till you find they be enough; thus you may do with baked pears.

To fry toasts.

TAke a manchet and cut off the crust, then cut it into thin round slices, soak them well in cream, then take three eggs well beaten; and when your batter is hot in the frying pan dip your slices of bread in the egges and fry them; when they are fryed a little pour the rest of the egges on them and turn them, and when they are fryed enough put some rose water, butter and sugar to them.

To make Hartichoke broth of chickens or veale.

TAkt two Chickens or a piece of Veal, and when it hath boiled and in is skimmed clean, then take as much of the broth, as you shall have occasion to use; put into it a little whole mace, lettuce and spinage, and let it boile,

boile, then take the bottoms of three hartichokes tenderly boiled, and ſcrape all that is good from the leaves, mingle the ſcrapings with ſome of the broth, and put it to the reſt and ſtir it about, beat the yolks of two or three egges, with ſome vineger or white wine, and ſome ſugar, and then put it into them, with your hartichokes bottoms to heat; but before you put in the egges, take up your Chickens, and diſh them with ſome of the herbs upon them, and ſome pieces of the bottoms, and let the reſt ſwim by; forget not to put in ſalt into the water you boile your meat in.

To make a Calves foot pudding.

TAke two Calves feet tenderly boiled and pilled, mince them ſmall, with the crum of two manchets, that it cannot be diſcerned what it is, then take half a pound of beef ſuet ſhred ſmall, the yolkes and whites of egges, beat them well together; then take one handfull of plumped currans, mix all theſe with a little ſalt and ſome grated nutmeg and ſugar, and what other ſpice you pleaſe; put it into the cawle of a veal, being firſt ſewed up like a bagge, and as you

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put it in put in good ſtore of marrow, then tye up in a napkin and throw it in boyling water, and let it boile two hours; then take it up and ſtick it with blanched almonds, and pour on it verjuice, butter and ſugar.

To make little Apple paſties to fry.

TAke pared Apples and cut them into ſmall pieces to ſtew, ſtew them to papp with claret wine and ſpice, then put in a good piece of ſweet butter, cinnamon, ginger, roſe-water, ſugar and plumped currans; then put them into the puff-paſte and fry them, ſo ſerve them in with ſugar.

To ſowſe a Pigge *whole.*

TAke fair Water, Rheniſh wine and ſalt, and when it boiles put in your Pigge, with a branch of roſemary, ſome large mace, and a nutmeg grated and ginger ſliced; boile the Pigge till it be tender; then put in ſome verjuice and take it up, then ſlice a lemmon into it, rinde and all, and put in a few bay-leaves; when the liquor is cold put in your Pigge, and let it lye a fortnight, ſerve it in with muſtard and ſugar.

To

To make a Hedge-hogg pudding.

TAke a twopenny loafe with fair water, and a little milke, the yolkes of five egges, and three whites, one grated nutmegge and a little ſalt, ſome ſugar and a little roſe-water, then butter a wooden diſh and put it in, tye it up cloſe in a cloth that no water get in, put it into boiling water; and when it is boiled ſlip it out into a diſh, and prick it full of blanched almonds cut in long ſlender pieces, and raiſons of the ſun cut in like manner; pour on it roſe-water, butter and ſugar.

To make white Metheglin.

TAke off ſweetbryer, violets, ſweet marjorum, large time, ſtrawberry leaves, violet leaves, egrimony, of each one handful; burrage and bugloſſe, of each three leaves, four branches of roſemary, three or four red gilly flowers, anniſeeds, coriander ſeeds, fennel ſeeds and carroway ſeeds, of each half a ſpoonfull, ſome large mace; boile all theſe in a gallon of water for the ſpace of an hour, then ſtrain it and let it ſtand till it be cold, then

hen put in as much honey as will make it rong enough to bear an egg, then boil it wel; nd when it is almoſt cold, skim it well, and ſo o in the boiling; then put in a little ale yeſt bout a pint, and beat it ſoundly with a ſtick, hen tun it up, and hang a little bag in the eſſel with nutmeg, cinnamon, ginger, cloves nd mace, and lemmon pill; keep the bag own in the liquor; when it hath been unn'd a while bottle it, and you will find it ery rare.

To *make balls of veal or mutton.*

TAke a leg of mutton or fillet of veal, mince it ſmall, with penyroial and parſley, then mingle it with a little grated bread and currans, and two eggs well beaten; eaſon them with cloves, mace, pepper and ilt; make them like tennis balls, and cruſh hem together with your hands; boile them n a deep diſh with ſome butter and mutton roth over a chafing diſh of coals, and put in few currans; when they are enough ſerve hem in upon ſippets.

To

To make a Lamprey pye.

TAke your Lampreys, pull all the pith that runs along the back, and all the black, then wash them clean: season them with pepper and salt, make the crust of your pye very thick, and put good store of butter in the bottom; then lay in your Lampreys with some large mace, then more butter, and some white wine, so bake it very well, then fill up the pye with melted butter, and keep it to eat cold.

To make rare Bartlemas beef.

TAke a fat Brisket piece of beef and bone it, put it into so much water as will cover it, shifting it three times a day for three dayes together, then put it into as much white wine and vineger as will cover it, and when it hath lyen twenty four hours take it out and drye it in a cloth, then take nutmeg, ginger, cinnamon, cloves and mace, of each a like quantity, beaten small and mingled with a good handfull of salt, strew both sides of

of the Beef with this, and roul it up as you do Brawn, tye it as close as you can; then put it into an earthen pot, and cover it with some paste; set it into the Oven with houshold bread, and when it is cold, eat it with mustard and sugar.

To stew Fish.

TAke of white Wine and Vinegar an equal quantity, grated bread, two or three Anchoves, a few Capers finely shred, and a little salt, put all these together, having liquor enough to cover the Fish, set them into a hot Oven, covered with a dish, and when they are enough, put in some butter and serve them in; if you put in no Capers, then put in sweet Marjorum, Parsly and Onions.

To stew Soals.

TAke a pair of large Soales, fley them, wash them, and dry them in a cloth; flower them, and fry them with Beef suet, then lay them in a dish, and take some Anchoves well washed in white Wine; open your Soales, and put the Anchoves into the

middle of your Soles; then put in ſome white Wine or Claret, with a good piece of butter, ſet it upon coales, and when they have ſtewed a while, thicken the liquor with grated bread, and grate in a little Nutmeg, and a little ſalt, and ſo ſerve them in.

To make Almond Cuſtard.

TAke half a pint of Cream, ſlice into it half a penny white loaf, let it be well ſteeped; then take half a pound of Almonds blanched and beaten with Roſewater, eight yolks of Eggs, four whites, beat them well and mix them together, put to them a quarter of a pound of ſugar, a quarter of a pound of butter, and bake it.

To make Scotch Collops, either of Beef, Veal, or Mutton.

CUt your meat very thin, then beat it with a Rowling pin till it be very tender; then ſalt it a little, and fry it in a pan without any liquor, and when it is enough, take ſome butter and the gravy out of the Pan, and a little Vinegar, or the juyce of a Lemmon, and ſome Anchoves, ſet it on the coales till the Anchoves be diſſolved; then

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put your meat into a diſh, and pour the ſawce over it.

To make Collored Beef the beſt way.

TAke a flank of Beef, make brine for it with pump-water and bay-ſalt, ſtrong enough to beat an Egg; then ſplit your Beef in the middle, and it will make two Collars: then take the skin off, and lay your Beef in the brine with four pounds of ſuet, and let it lye all night; then take two handfuls of Sage chopped ſmall; one ounce of Pepper, two ounces of Cloves, two ounces of Mace, ſix great Nutmegs, beat your ſpice, and mix it with your Sage, and a handful of Taragon chopped ſmall, and two handfuls of ſalt; then ſtrew theſe things upon your Beef, and roul it up in Collars, tye it hard, and put it in a pot: then ſhred your ſuet and lay on it, put in a pint of Reniſh Wine, and a pint of water, or better, ſet it into the Oven with houſhold bread cloſe paſted up, and let it ſtand all night, when you draw it, take it out of the pot, and turn it; then tye your pot up cloſe again, and let it ſtand till the next morning; then hang it up in the Chimney not too hot; eat it with muſtard and ſugar.

To make a Lumber Pye.

TAke half a pound of Veal, parboyl it, and ſhred it ſmall with a pound of ſuet; then grate a penny loaf, and take ſix Egges, yolkes and whites, ſeaſon your meat with beaten Cinnamon, Cloves and Mace; then take a handful of Spinage, and a few ſweet herbs, chop them very well and put them to the meat, with a quarter of a pint of good Verjuyce, and half a pound of Currans, half a pound of loaf ſugar; work all theſe things together with your hands, and put in a little ſalt; having your Pye ready raiſed, take the marrow of two good bones, roul the marrow in the yolkes of Egges: then take two ounces of Suckets, as much of preſerved Orange-pill, as much of Citron-pill, as much of Iringo roots: fill your Pye as hard as you can thruſt it with the minced meat, and then your ſweet meats, then your marrow, and a pound of butter, bake it, and ſerve it in with a Caudle made with Sack, Roſewater, yolkes of Egges, butter and ſugar, pour it into the Pye, and ſcrape on ſugar.

To *make Bisket* Pudding.

TAke a pound of Naples bisket ſliced thin, and put it into a quart of boyled Cream, let it ſtand to ſoak cloſe covered; then take Pippins very ſmall minced, and the marrow of two or three bones crumbled very ſmall, a little beaten ſpice, Roſewater, Sugar, and a little ſalt with the yolkes of four Eggs and two whites; you may either boyl theſe in Guts, or otherwiſe, or bake them.

To *fry Oyſters.*

TAke of your greateſt Oyſters, waſhed well and dryed in a cloth, fry them with a little butter; then take three or four yolks of Eggs well beaten, and pour on them when they are in the Pan, and ſift a little Flower over them; when they are enough, ſerve them in with a ſittle butter and white Wine.

To make Egg Pyes.

TAke ſix hard Eggs, pilled and chopped very ſmall, with ſix Pippings, and a pound of ſuet; ſeaſon it with beaten ſpice, ſugar, Currans, ſalt, Roſewater and Sack: ſo fill your Pyes and bake them.

To make Barley broth.

TAke a Knuckle of Veal, ſet it on the fire with four quarts of water, and a little ſalt; when it boyls and is skim'd, put in a pound of French Barley well waſhed, and a bundle of ſweet herbs, and when they have boyled half an hour, put in as many Raiſons of the Sun ſtoned, and as many Currans as you think fit, and ſix ſliced Dates; when they have boiled half an hour, put in ſome marrow in little pieces, and let them boyl ſoftly till half be boyled away; then beat the yolks of Eggs about four or five, and fill up the Porrenger with Sack, beat them well together, and mingle them with ſome of the warm broth, and ſtir them in over the fire; put in Roſewater and Sugar, and ſo ſerve it in.

To

To *make a Rice Pudding.*

BOyl half a pound of Rice over night in Milk, the next morning put to it the crumbs of two Manchets, a little Cream, and a quarter of a pound of ſuet; put in ſalt, ſpice, ſugar and Currans, and the yolks of Eggs, boyl it, and ſerve it in with Roſewater, butter and ſugar.

To *make an Oatmeal Pudding.*

STeep ſome Oatmeal in Milk all night, in the morning pour the Milk from it; then put in ſome Cream, beaten ſpice, ſalt and Currans, with as many Eggs as you think fit; ſtir theſe together & boil them in a bag, made like a Jelly bag, and ſo boyl it for four houres, then ſerve it in with melted butter.

To *make a green Pudding.*

TAke a pint of boyled Cream, and while it is hot, ſlice in the crumbs of two Manchets, cover it cloſe and let it ſcald; then ſtir it well together, ſeaſon it with ſalt and beaten ſpice, Roſewater, Sugar, and what

Eggs you pleaſe, ſome marrow, and ſome ſuet, with a little more Cream; then colour it with the juyce of Spinage, and either boyl it or bake it; then ſcrape on ſugar and ſerve it in.

To ſtew Oyſters.

TAke three pints of Oyſters with their liquor, ſtew them with a blade of Mace and a ſprig of Time; when they are enough, take the liquor from them, and lay them before the fire to dry; then take the yolks of Eggs well beaten, put to them a piece of butter, ſome juyce of Lemmon and Sugar; thicken it over the fire, and pour it over the Oyſters, and ſo ſerve them in.

To ſtew a Rump of Beef.

TAke a Rump of Beef, and when it is half boyled, put it into an earthen pot, put to it a quart of its own liquor, and a quart of Claret Wine, half a handful of Capers, as much Samphire, as much pickled Cucumber ſliced, two Onions ſliced, with ſome Mace, Nutmeg and ſalt; cover it cloſe and bake it, and ſerve it in with Sippets.

To

To make a good fresh Cheese.

TAke the whites of ten Eggs, and beat them very well; then take a pint of Cream, set it on the fire, and stir your whites of Eggs in it till it be thick; then put it in a course cloth two or three houres, then open your cloth and sweeten it, and put in a little Sack and Rosewater; then put it into a little Cullender fit for that use, and thrust it hard with the back of a spoon; when you serve it, slip it into a dish, and eat it with Cream, Wine and Sugar.

To make sawce for a Cods head, or any other fresh fish.

BOyl your Fish in salt and water, and a bundle of sweet herbs, and when it is boyled, take six or eight spoonfuls of the liquor, put to it half a pint of white Wine & three Anchoves, and two Nutmegs sliced, set it on the fire and stew it; then strain it thorow a hair sieve, and put in some sweet butter, and beat it together, and pour it upon your Fish.

To

To fry a Coaſt of Lamb.

PArboyl it, and take it clean from the bones; then take the yolkes of five or ſix Eggs beaten, and a little ſweet Marjorum and Parſly chopped ſmall; beat them with your Eggs, and cut the Lamb in little pieces, wrap it in the Eggs, and fry it with water and ſalt, make ſawce for it with white Wine, butter and ſugar.

To make ſawce for Snipes, or for any ſmall Birds.

TAke Claret Wine, ſalt, and the gravy of any kind of meat, the crumbs of bread, and ſome Sage leavesor Bay-leavs, boyl them together; then cruſe the juyce of a Lemmon, take out the leaves, and put in ſome butter.

To make a Carp Pye.

TAke a great Carp and ſcale it, gut it and waſh it very clean, ſeaſon it with ſpice and ſalt; then put butter into your Pye, then the Carp, then ſome whole ſpice, and ſome ſweet

ſweet herbs with ſome Capers, then ſome more butter, ſo cloſe it and bake it.

To ſtew a line of Mutton.

BOne it, and ſlice it, then ſtew it with as much white Wine as will cover it; then put in ſalt, and ſtore of Sives ſhred ſmall, with ſome grated Nutmegs; when it is well ſtewed, put in Verjuyce, butter and ſugar.

To ſtew a Calves head.

BOyl it in white Wine, water and ſalt, and when it is tender, cut the one half of the head into little pieces; then cut ſome Oyſters and mingle them together with a blade of Mace, and a little Pepper and ſalt, and a little liquor of the Oyſters; put in two or three Anchoves, put the other half head to them whole; when it is enough, thicken the ſawce with yolkes of Eggs, and ſerve it in.

To make a fricaſie of Chickens, or any meat elſe.

CUt your meat in little pieces, and put it in a frying Pan with water and a little ſalt, and when it is almoſt ſtewed enough, put in ſome Oyſters with their liquor; put in ſweet herbs, Nurmeg, and a little Orange-pill, and when you think it is enough, take up the meat, and put ſome butter into the ſawce; then thicken it with the yolkes of Egges over the fire, and pour over it.

To dry Neats Tongues.

LEt them lye in brine made with Salt-peter and ſalt one week; then make new brine, and let them lye a fortnight in that; then hang them in the Chimney.

To ſtew Carpes.

TAke four Carpes, waſh them clean, lay them in a diſh, open their bellies, and take out their guts, and let the blood run into the diſh; then put to them a quart of Claret Wine, and ſlaſh the Carpes over in ſeveral

ſeveral places with your Knife; then put in ſome pickled Muſhrooms,& ſomes Anchoves waſhed, half an ounce of Mace, half an ounce of Nutmegs, ſome ſweet herbs, and ſome Parſly; when they have ſtewed a while, put in three pints of Oyſters with their liquor, two cloves of Garlick and a little ſalt, with ſome Capers, let them ſtew upon a Charcoal fire ſoftly for three houres or more; then put in ſome ſweet butter, and ſhake it well together; then garniſh your diſh with Barberies and Oyſters, Capers, Lemmon, and ſuch like, and ſerve it in.

To make a Larke Pye.

TAke the Kidney of a roaſted loin of Veal, ſhred it; then take two Eggs, one Nutmeg grated, a little beaten Cinnamon, grated bread, Roſewater and Sugar, with a few Currans, and a little ſalt, warm this together over a Chaffing diſh and coals; then take your Larks clean dreſſed, and fill their bellies with this, and of the remainder make round balls, then put butter firſt into your Pye, and then your Larks and balls, preſerved Barberies, Dates, Marrow and Sugar; when it is baked, but in a Caudle made with white Wine, yolks of Eggs, butter and ſugar.

To

To boyl a breaſt of Veal.

BOyl it with water and ſalt, and a bundle of ſweet herbs till it be tender; then take ſome of the broth, and thicken it with hard Eggs; then diſh your Veal, then put in Verjuyce, butter and Capers into your ſawce, & thicken it with the yolks of raw Eggs beaten, and pour it over your meat, being layd upon Sippets.

To ſtew Pigeons.

STew them in white Wine and water; put in whole Mace, whole Pepper and ſalt, with ſome Artichoke bottoms tenderly boyled; when they are enough, put in ſome butter and ſerve them in.

To fry Puffes.

TAke half a pint of Flower, a little Cream, and one Egg, a little good butter, and a little Nutmeg; knead it into a paſte, and roul it as thin as a Pye-lid; cut them into what form you pleaſe, and fry them in lard or Beef ſuet; ſerve them in with beaten Cinnamon and Sugar,

To

To make a Haſh of Veal.

TAke half a leg of Veal and ſlice it thin, then with the back of a Knife haſh it well on both ſides; then take ſweet herbs chopped very ſmall, and ſix Eggs, yolkes and whites beaten very well, put them into the diſh with the meat and herbs, with a little water and ſalt according to your taſte; beat them throughly with your hands, and put them into the frying Pan; then half fry it with ſweet butter, and put it betwixt two diſhes with more butter and vinegar, turn it now and then, and let it not ſtew too faſt.

To roaſt a ſhoulder of Mutton.

TAke a ſhoulder of Mutton and cut off both the flaps, that it may look like a ſhoulder of Veal; then take Parſly and Onions with a little Samphire ſhred ſmall, and ſtuffe the ſhoulder of Mutton well with it, and into every place where you ſtuffe it, pour in with a little ſpoon ſome liquor of the Samphire; then lay it to the fire, and ſet under a diſh with Claret Wine and butter, baſte it with that; then take ſome other Claret Wine,

and

and put into it a ſliced Onion, boyl them together, and when your meat is enough, put it into the diſh to the Wine and Onions; then put in the juyce of a Lemmon, and ſerve it in.

To make morning milk Cheeſe.

TAke morning milk and ſome ſtroakings while it is warm; then take two quarts of fair water made ſomewhat hot, or rather ſeething hot, put it to your milk; then take a good handful of Marigold flowers, ſtamp them in a wooden diſh, with the yolkes of four or five new layd Eggs, then ſtrain them into your milk, and put Runnet to it, and when it is come, break it, and whey it, and put it in a Cheeſe Moat.

To make a Haſty pudding that will butter it ſelf.

TAke a quart of Cream and boyl it with grated bread, and as many plumped Currans as you ſhall think fit, with ſome ſpice and a little ſalt; when you perceive it to be enough, put in the yolkes of four Egges well beaten, and a litte Roſewater and ſugar; then

then let it boyl a very little, and turn it out into a dish, and serve it in.

To roast a Calves head whole.

TAke a Calves head, and make as little a hole in it as you can to take out the brains; then lay the head in water one night, then dry it with a cloth, and fill it with a Pudding, then roast it and baste it well with butter and a little salt; when it is almost roasted, strew it with grated bread; when it is quite roasted, pour over it Vinegar, Cinnamon, butter and sugar, but first cleave it in sunder.

To boyl a Salmon, or part of one.

BOyl it with water and salt and a bundle of sweet herbs; to a tayl of Salmon take a quart of Oysters, and stew them in their own liquor with a blade of Mace, and two or three Anchoves, and a few corns of Pepper; when your Salmon is enough, dish it, then take your Oysters and some shrimps boyled, and the shells taken off, with some butter and liquor of the Oysters; beat them together with a spoon till it be thick, then

pour it over your Salmon and ſerve it in: garniſh your diſh with cruſts of Manchet grated, and ſlices of Lemmon.

To make white broth with Capons.

TRuſs your Capons and boyl them with fair water, then put to it in three pints of that liquor, and put to it a quart of Sack, and as much white Wine: ſlice in two ounces of Dates, put in whole Mace, Cloves, Cinnamon and ſliced Nutmegs, boyl this in a pipkin till the Dates begin to be tender; then put in the marrow of two bones, and let it boyl ſoftly; when your Capons are ready, break twenty Eggs, and take the yolks only, beat them well, and ſtrain them with a little cold broth; then mix them with ſome of the hot broth, then put into your broth Raiſons ſtoned, and Currans; when it is boyled enough, put in your Eggs and a little Cream, and ſome Roſewater and Sugar.

To make ſawce for any Fowl.

TAke the gravy of any Meat, Wine, Anchoves, Onion, Butter, and ſliced Nutmegs.

To

To ſowce a Calves head.

BOyl it in as much water and ſalt as will cover it with a bundle of ſweet herbs, white Wine and white Wine vinegar, ſliced Ginger, whole Mace and Lemmon ſliced, boyl it till it be tender, then keep it in the ſowce drink for about a week; when you ſerve it in, ſet it upright in a diſh, and ſtick a branch of Roſemary in the mouth and in the eyes; garniſh with Jelly and pickled Cucumbers, ſaucers of vinegar with Jelly and Lemmon mixed with it.

To make Cheeſe loaves.

TAke the tender curds of new Milk Cheeſe, preſs them very well from the whey, break them as ſmall as you can poſſible; then take the crumbs of a Cheat loaf, and as much curd as bread, the yolks of eight Eggs and four whites beaten; mingle them with ſome thick Cream, make them up with a little flower into little loaves, and bake them upon buttered Plates; then cut them open at the top, and put in Roſewater, butter and ſugar, with ſome Nutmegs grated, and ſtir the crumbs of them together.

To roast a Hare in the skin.

TAke a Hare, assoon as you have killed her, paunch her and wash her clean; then fill the belly full of butter, and sew it up close; then split it and roast it, and when you think it is almost enough, pull off the skin and baste it, and dredge it, and make Venison sawce for it, it will eat very moist.

To make French Bread.

TAke a peck of Flower, and a good pint of Ale yest; strain the yest into some warm water, knead your past very light, put in but a very little salt, and knead it a great while longer then any other bread; then lay it to rise in a warm cloth before the fire, then having your Oven very hot, make it into three Loaves, wash them over with the yolks of Eggs and Beer, and let them bake four houres; if you would have your bread very excellent, you must add to this quantity the yolkes of twenty Egges, and a little Milk, and a little Sack.

To

To make a Spinage or Lettice Tart.

TAke Spinage or Cabbage Lettice, boyl them in water and ſalt till they be very tender, then put them into a Cullender to drein the water from them till they be very dry; then lay in the bottom of your Tart thin ſlices of butter, then ſtoned Prunes, then beaten Cinnamon and Sugar, then your herbs, then more ſpice and ſugar, then more Prunes and butter, and ſo cloſe it.

To pickle Oyſters.

TAke your great Oyſters, and ſave the liquor that comes from them, ſtrain it into an earthen Pipkin, put to it ſome white Wine and white Wine vinegar, whole Pepper, whole Mace, ſliced Ginger, Cloves and Bay-leaves with a little ſalt; when it hath boyled a little put in your Oyſters, and let them boyl two or three walmes; then take them up and boyl your liquor a little longer, and when it is cold put in your Oyſters and barrel them up, or keep them in Gally Pots cloſe ſtopped.

To make a Potato Pye.

SCald them well and pill them; then put butter into your Pye, then whole Mace, then Potatoes with Marrow, Cinnamon, Mace and Sugar, then butter, ſo cloſe it, and bake it, and when it is baked, put in ſome white Wine, butter and ſugar, with the yolks of Eggs.

To make a Neats-tongue Pye, to be eaten hot.

TAke freſh Neats tongues, boyl them in water & ſalt till they be very tender; then caſe them, and when they are cold, cut them in thin ſlices; then put butter into your Pye, then your Neats tongue, then a little Pepper, whole Mace, Raiſons of the ſun and ſugar, with ſome ſalt, then butter again, ſo cloſe it and bake it; and when you ſerve it in, put in white Wine, butter and ſugar, and the yolks of Eggs.

To roaſt Pork without the skin.

TAke any ſmall joynt of Pork, and lay it to roaſt till it will pill; then pill it and ſtick it with Roſemary and Cloves, then baſte it with butter and ſalt, make ſawce for it with bread, water, Claret wine, beaten Cinnamon boyled together; then put in butter, vinegar and ſugar.

To make Pig eat like Lamb.

TAke a fat Pig, fley it, and cut it in quarters, and truſs it like Lamb; then draw it with Parſly and roaſt it, baſte it with butter and ſalt, and when it is enough flowre it, and make ſawce for it with butter, juyce of Orange and Pepper.

To make Cabbage Cream.

TAke twenty five quarts of new Milk, ſet it on the fire till it be ready to boyl, and ſtir it all the while that it cream not; then pour it into twenty ſeveral Platters as faſt as you can, and when it is cold take off the Cream with a Scimmer and lay it on a Pye-

plate in the fashion of a Cabbage crumpled one upon another; do this three times, and between every laire, lay on with a Feather Rosewater and Sugar made very thick.

You may take Cream boyled with spice and stir'd all the while; then seasoned with Rosewater and strained Almonds, and stir it till it be cold; then take toasts of Manchets cut thin, not too hard, nor too brown, lay them in the bottom of the dish, and lay the Cream upon them; this is very good of it self; but if you please you may add your Cabbage Cream to it; cover it, and so serve them in both together; if you please you may colour some of the Cream, either with red Sanders, Tornsel, Saffron or Spinage, and that will make it look very like a Cabbage.

To make a Trifle.

TAke sweet Cream, season it with Rosewater and Sugar, and a little Mace, boyl it a little; then let it stand till it be lukewarm; then put it into such little dishes or bowls as you mean to serve it in; then put in a little Runnet, and stir it together; when you serve it in, cast on what Comfits you please.

To

To make thick Cream.

TAke ſweet Cream, a little Flower finely ſearſed, large Mace and a ſtick of Cinnamon, Roſewater and Sugar, let theſe boyl together till it be ſomewhat thick, then put to it thick Cream and the yolks of Eggs beaten, and let it ſeeth a very little time for fear of turning; then pour it out, and ſerve it in cold.

To make Creames of Paſte or Jellies.

BOyl your Cream and put Eggs into it, as for a Fool, then ſlice the ſweet meats very thin, and boyl them; then ſweeten it, and put it into a Diſh.

To make Cakes without Plumbs.

TAke four pound of fine Flower, rub it into one pound of ſweet butter very well; then with warm Cream and Ale yeſt temper it into up-ſte, put in a little Roſewater and ſeveral ſpices beaten; let it lye by the fire till the Oven heat, and when you make it up, knead into it half a pound of Carraway Comfits, three quarters of a pound of biſket Comfits;

fits; make it up as fast as you can, not thick nor cut it too deep; put it in a Hoop well buttered, and wash it over with the white of an Egg, Rosewater, Sugar; then strew it with some Comfits.

A Sack Posset without Milk.

TAke thirteen Eggs, and while they are beating, take a quart of Sack, half a pound of fine sugar, a pint of strong Beer, let them boyl together a while; then take it off and put in the Eggs, stirring them very well; then put it into a Bason, and cover it close with a dish; then set it over a very soft fire till you see it arise with a curd: then serve it in with beaten spice.

To preserve Gooseberries, green and whole.

PIck them clean, and put them into water as warm as Milk, so let them stand close covered half an hour, then put them into another warm water, and let them stand as long; so do three times, then take their weight in fine sugar and make a Syrup, then put them in and let them boyl softly one hour;

hour; then ſet them by till the next day, ſo do twice, then take them out of that Syrup, and make new ſyrup, and keep them in it all the year.

To make a Codling Tart.

SCald them well & pill them, then rub them through a ſtrainer, and put them into a diſh with ſome Roſewater and Sugar, and ſome whole Cinnamon, ſo let it ſtand over a Chaffing diſh and coals a good while cloſe covered, ſtirring it now and then; then take out the Cinnamon, and fill your Tart and bake it but a little, and when it is enough, pour in a Cuſtard, and let it ſtand a while in the Oven.

To make a Sillibub.

TAke a Lemmon pared & ſliced very thin, cover the bottom of your Sillibub pot with it; then ſtrew it thick with fine ſugar, then take Sack or white Wine, and make a curd with ſome Milk or Cream, and lay it on the Lemmon with a ſpoon, then cover it up to the top of the pot with ſome Cream and whites of Eggs whipped to a froth, and between every lay of curd you muſt put ſugar.

To

To make a Lemmon Sillibub.

TAke a pint of new Milk, and half a pint of Cream, ſtir them together with a little Roſewater and ſugar; then ſqueeze into it the juyce of two Lemmons, ſtir it very well together, and ſo let it ſtand an hour, and then eat it.

To preſerve Lemmons to look white.

TAke the paleſt Lemmons you can get, and chip them very thin; then put them into a linnen cloth, and boyl them two houres in fair water, ſhifting the water ſometimes, then cut them & take out the meat; then put them into another water, and let them boyl about half an hour without a cloth til you find they are very tender; then take their weight and half in ſugar, and to a pound of ſugar a pint of water, make a Syrup thereof; then lay the Lemmons into a pot, and when the Syrup is no hotter then Milk from a Cow, put it over them, and let them ſtand a week; then pour the ſyrup from them and boyl it again, and put it to them as before, and let them ſtand another week; then boyl it a-

gain

gain and put it to them; so do three or four times till you think they are throughly done, but never boil the Lemmons in the syrup, for that spoiles the colour.

To make a whipt Sillubub.

TAke a pint of Cream, put to it half a pint of Sack, and the whites of four Eggs and some sugar, beat it to a froth with a birchin Rod, and as the froth ariseth, take it off and put it into your Sillubub pot till you have filled it above the brim.

To make Lemmon Cream.

TAke a quart of Cream, keep it stirring on the fire till it be blood warm; then take the meat of three Lemmons sweetened well with sugar, and a little Orange flower water, sweeten them so well that they may not turn the Cream; then stir them into the Cream over the fire, with the yolkes of six Eggs; be sure to keep it stirring, and assoon as you see it be thick, take it off, and pour it into a dish, and serve it in cold.

To

To make ſeveral pretty fancies.

TAke ſweet Amonds blanched and beaten with Roſewater; mix them with fine ſugar, the whites of Eggs, and Gum dragon ſteeped in Roſewater, and ſo make them into what ſhape you pleaſe, and bake them.

To make Muſk Sugar.

TAke four graines of Musk, bruiſe it, and tye it up in a piece of fine Lawn, lay it in the bottom of a Gally pot; then fill your Pot with beaten ſugar, and cover it cloſe, and in a few days it will both taſte and ſmell of Musk; when you have ſpent that ſugar, lay on more, and ſo do as long as you finde any vertue.

To make Sugar-plate of the colour and taſte of any Flower.

BEat your Flowers very well in a Mortar with a little fair water, or Orange flower water; then add ſome ſugar to them, as much as you think fit, and beat them well

well together; then make it up with Gum dragon ſteeped, into what ſhape you pleaſe.

To make French Buket.

TAke a peck of fine Flower, two ounces of Coriander ſeeds, one ounce of Aniſeeds, the whites of four Eggs, half a pint of Ale yeſt, and as much water as will make it up into a ſtiffe paſte, your water muſt be but blood warm; then make it up in a long great Rowl and bake it, and when it is a day old pare it, and ſlice it overthwart, then ice it over with fine powder ſugar and Roſewater, and the white of an Egg, and put it into the Oven a while; then take it out, and keep it in Boxes all the year.

To make fine Gingerbread.

TAke three ſtale Manchets, grate them, dry them, and beat them; then ſift them thorow a fine ſieve; then put to them one ounce of Ginger beaten and ſearced fine, as much Cinnamon, half an ounce of Aniſeeds, and half an ounce of Liquorice, half a pound of ſugar; boyll all theſe together with a quart of Claret Wine till

till it come to a ſtiffe patte; then mould it on a Table with a little Flower, and roul it very thin, and print it in moulds; duſt your moulds with ſome of your powdered ſpices.

To candy any Spices with a Rock Candy.

TAke a pound of fine Sugar, eight ſpoonfuls of Roſewater, and a ſix penny weight of Gum Arabick; boyl them together to a Candy height; then put it into an earthen Pipkin; then put in your ſpices, having firſt been ſteeped in Wine or Roſewater one night, and dryed in a cloth; then cover it with a Sawcer, and lute it with clay that no ayr may enter; then keep it in a hot place for three weeks, and it will candy hard.

You muſt break your Pot with a Hammar, or elſe you cannot get them.

Thus you may candy Oranges and Lemmons that are preſerved, or any other Fruit.

To

To candy Oranges or Lemmons after they are preſerved.

TAke them out of the ſyrrop and drain them well, then boile ſome ſugar to a Candy height, and lay your pills in the bottom of a five, and pour your hot ſugar over them, then dry them in a ſtove or warme oven.

To preſerve Oranges after the Portugal faſhion.

OPen them at one end and take out all the meat, then boile them in ſeveral waters till a ſtraw may go thorow them; then take their weight and half of fine ſugar, and to every pound of ſugar a pinte of water, boile it and skim it, then put in your Oranges and boile them a little; then ſet them by till the next day, then boile them a little more; then take them up, and fill them with preſerved pippins, and boile them again till you think they are enough; and if you will have them jelly, you muſt make a new ſyrrop with the water wherein ſome ſliced pip-

pins have been boiled, and ſome fine ſugar, and that will be a ſtiff jelly.

To make Wafers.

TAke a pinte of flower, a little cream, the yolks of two eggs, a little roſewater, with ſome ſearced cinnamon and ſugar, work them together, and bake them thin upon hot irons.

To make a good ſort of Uſque-bath.

TAke two gallons of good Aqua vitæ, four ounces of the beſt liquorice bruiſed, four ounces of aniſeeds bruiſed, put them into a wooden, glaſs or ſtone veſſel, and cover them cloſe, ſo let them ſtand a week, then draw off the cleareſt and ſweeten it with Maſſoes, then keep it in another veſſel, and put in ſome dates and raiſons ſtoned; be ſure to keep it very cloſe from the aire.

To make the brown Metheglin.

TAke ſtrong ale-wort, and put as much honey to it as will make it ſtrong enough to bear an egge, boile them very well together, then ſet it a cooling; and when it is almoſt cold put in ſome ale yeſt, then put it into a ſtrong veſſel; and when it hath done working, put a b agge of ſpice into the veſſel, and ſome lemmon pill, and ſtop it up cloſe, and in a few daies it will be fit to drink; but the longer you keep it, the better.

To dry Cherries.

TAke ſix pounds of Cherries, ſtone them, and take a pound of ſugar and wet it with the juice of the Cherries and boile it a little; then put in your Cherries, and boile them till they are clear; then let them lye in the ſyrrop a week, then drain them from the ſyrrop; then lay them on thin boards or ſheets of glaſs to dry in a ſtove, turn them twice a day; then when they are dry, waſh off the clammineſs with warm water, and dry them a little longer.

To make good Cherry wine.

TAke the ſyrrop of theſe Cherries, and when it hath ſtood a while, bottle it up, and tye down the corks, and in ſhort time it will be very good pleaſant wine.

To make a very fine Cuſtard.

TAke a quart of cream, boile it with whole ſpice, then beat the yolks of ten egges, and five whites, mingle them with a little cream; and when your cream is almoſt cold put your egges into it, and ſtir them very well, then ſweeten it; and take out your Cuſtard into a deep diſh and bake it; then ſerve it in with French comfits ſtrewed on it.

MVSEVM BRITANNICVM

LADIES,

LADIES,

I Hope you will say I am better than my word; for here are two hundred very good Receipts added to what was before; I pray practice them carefully, and then censure or esteem

Your Friend and Servant,

Hannah Wolley.

FINIS.